

Road Rage! – Are YOU Guilty?

Road rage is a form of revenge. It can include making signs with our hands, or saying rude things to others. It could even be using our cars to “get even.” To stay safe while driving, we need to fight those ugly feelings we get when someone else’s driving gets our goat!

Dr. Leon James, the country's foremost expert on road rage, suggests doing the following:

- Put a tape recorder in the car and tape yourself. Listen to it when you return. You might be shocked by what you said!
- If you find one thing that upsets you, try to avoid it.
- Copy the list below and take a passenger along to check off the things you do. The next time you drive, try to avoid the things that cause road rage and practice being a nicer driver.
 - Braking suddenly to scare a tailgater
 - Breaking the speed limit by more than 15 mph
 - Burning rubber
 - Carrying a dangerous weapon
 - Changing lanes without signaling
 - Chasing another car
 - Closing the gap to keep someone from moving into your lane
 - Criticizing another driver
 - Crossing a double line
 - Cruising in the passing lane
 - Cussing to yourself behind the wheel
 - Deliberately blocking the way with your car
 - Drinking and driving
 - Driving while sleepy
 - Driving with “music frenzy”
 - Driving while stressed out
 - Failing to yield
 - Fantasizing revenge against another driver
 - Flashing headlights to punish a driver
 - Going through a red light
 - Giving someone the look of disapproval
 - Daydreaming
 - Honking to protest
 - Wanting to get ahead of other drivers
 - Making “pink stops” (slowing down but not stopping at stop signs)
 - Not wearing a seatbelt

Speeding up to a yellow light
Ignoring signs

Remember, you cannot change the actions of others. You can only change the actions of yourself.

It's time to start teaching and learning to show kindness on the road.

Thanks for your time and please have a great life and drive safety.

BE SAFE, BE SMART AND BE SECURE!